

## Meditation classes

The weekly drop-in Thursday meditation classes at the O'rangeville Mill Street Library start on September 18, with a six class series titled "Know your mind, know yourself".

This fall, immerse yourself in the inner journey of your own mind. Each Thursday class, Rose Hirano will teach on one particular aspect of our mind and help us to understand its different parts and how it functions. We will thereby be able to identify and abandon the types of minds that lead to unhappiness and cultivate the ones that lead to happiness. You can drop-in at anytime as each class is self contained, or follow the series to deepen your understanding and practice. These classes are based on the most recent book of Geshe Kelsang Gyatso: How to Understand the Mind.

Benefits you will receive in your daily life:

1. React to challenging daily situations in a more skillful and relaxed way
2. Break powerful bad habits of mind that lead to your daily unhappiness
3. Improve your concentration in all your daily activities
4. Gain confidence in yourself and your actions

Topics for the six classes are:

Sept 18 The key for a successful life

Sept 25 What you think is what you are

Oct 2 Get the most out of your life

Oct 9 Manage your feelings

Oct 16 You have a choice

Oct 23 Be inspired by positive examples

The weekly classes run from 7 to 8:30 p.m. and are taught by Kadampa Buddhist teacher, Rose Hirano, from the non-profit Kadampa Meditation Centre Canada in Toronto.

These classes offer simple, practical methods to improve the quality of our life and develop inner peace. Each class consists of two guided meditations and a teaching to help us solve our daily problems, let go of negative minds and find happiness from within our own mind.

Even though classes are presented in the form of series, each class is self-contained and therefore can be attended individually or as a series. Fee of \$10 per session or \$40 for any five sessions. For more information, visit [kadampa.ca](http://kadampa.ca) or call

1.866.523.2672.